



Grandma's Canadian Cashew Caramels

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



50

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 9.3 ounce cashew pieces chopped
- ☐ 1 cup golden syrup such as Roger's®
- ☐ 1 cup brown sugar light
- ☐ 14 ounce condensed milk sweetened canned

Equipment

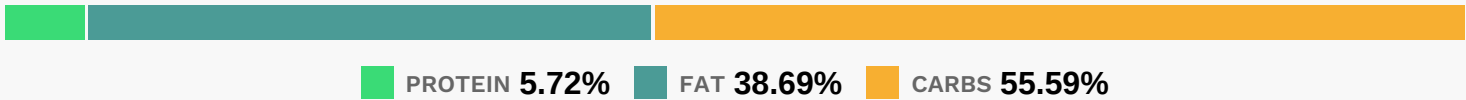
- ☐ sauce pan
- ☐ baking pan

☐ spatula

Directions

- ☐ Lightly spray a 9x13 inch baking dish with butter flavored cooking spray. Arrange chopped cashews in the bottom of dish.
- ☐ Combine brown sugar, golden syrup, sweetened condensed milk, and butter in a large, heavy bottomed saucepan. Bring to a boil over medium-high heat. Do not stir once the sugar syrup begins to boil.
- ☐ Heat to 250 degrees F (120 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- ☐ Pour caramel over top of cashews. Stir well. Use a heatproof rubber spatula to spread the mixture evenly in the dish; allow to cool for 1 hour.
- ☐ Cut cooled caramel into squares or roll into balls as desired.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:2.0226086851047%

Nutrients (% of daily need)

Calories: 109.3kcal (5.47%), Fat: 4.83g (7.43%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 15.45g (5.62%), Sugar: 14.3g (15.89%), Cholesterol: 7.58mg (2.53%), Sodium: 26.54mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Copper: 0.12mg (5.92%), Phosphorus: 51.9mg (5.19%), Manganese: 0.09mg (4.5%), Magnesium: 17.82mg (4.45%), Selenium: 2.29µg (3.28%), Calcium: 28.68mg (2.87%), Zinc: 0.38mg (2.54%), Iron: 0.4mg (2.21%), Vitamin B2: 0.04mg (2.17%), Potassium: 70.46mg (2.01%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 2µg (1.9%), Vitamin A: 77.92IU (1.56%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.11mg (1.13%)